A Few Workstation Modifications Can Make A World of Difference

Before

- Excessive force needed to push files aside
- Pinching necessary to grasp files tucked so close together
- Disorganized, sloppy area

After

- Neat and loosely placed files
- Files can be grasped without pinching
- Files color-coded — eases search — reduces bending and reaching

- Wrists bent — keyboard too high
- Wrists rest on sharp desk edge
- Feet do not rest flat on floor
- Twisting necessary to view monitor
- Not enough room on desktop to accomodate both monitor and keyboard
- Chair does not support back
- Chair with only 4-prong base may tip easily

- Sturdy metal holder extends and lowers keyboard — wrists remain straight
- Wrists protected from sharp edge by wrist rest
- Chair supports back — 5-prong base prevents tipping
- Monitor placed directly in front of user
- Copy holder adjacent to monitor — no twisting
- Footrest allows feet to lie flat

- Extremely cluttered work area forces user to adapt posture to workstation
- Mess may cause distraction
- Limited work room available
- Loose and messy cords — tripping/falling hazard

- Clean, organized, plenty or work room available
- Workstation is adjustable to user